

Sleep

- Arrange with your Angelic Team what work you would like to do prior to going asleep – it will help focus your intention to write this in your Angel Diary.
- Give at least 8 hours sleep nightly – Spirit will take approx 4 of these hours to do spiritual work leaving you 4 hours to assess information on subconscious level.
- Would suggest you concentrate on no more than 3 objectives a night – leave 1 of these 3 to Spirit to do 'Priority Spiritual Work'.
- If you feel like you are not fully resting or too 'conscious' to sleep ask for the Consciousness Cap of Metatron. Check your third eye / brow chakra and crown chakra is grounded. Visualise chord of light coming from each of these chakras being grounded through Earth Star Chakra (and all other chakras if you wish).
- Ask for your room to be cleansed on an astral level of any thought-forms and Physical, Emotional, Mental, Astral and Etheric debris.
- Ask Holy Spirit to Encapsulate your Entire Aura while you sleep.

Consciousness Cap of Metatron

"I Call upon Archangel Metatron to place the Consciousness Cap upon me now to filter out any interference and information I do not need to know." Metatron likens the healer to sleeping with spiritual fireworks going on around her whilst she sleeps. The Cap helps tone down the 'noise'.

- Also if need be you can ask for Archangel Michael's **Psychic Dampening Blanket** to be placed around you while you sleep. This is to tone down all information on a psychic level, like ear plugs for your psychic senses.

Multi-dimensional Re-integration

"I Call upon the Holy Spirit of Light and Love, Archangel Michael and Archangel Metatron to reintegrate my soul across all embodied lifetimes, dimensions, spaces and realities now".

This would be excellent do in the morning to help refocus you, different aspects of your soul go off during sleep to accomplish various tasks – this helps bring you all back together.